

What do  
you **find**  
when you  
open your  
**fridge?**



**Too many  
families**

**find shelves**

**that are**

**EMPTY.**



**B**ehind your neighbour's doors:  
They wake up to an empty fridge.  
They fall asleep on an empty stomach.  
**And you had no idea.**

With staples like eggs and milk up by 30% , many families can no longer afford to stock up their fridges. Basic necessities have become unaffordable for many, forcing parents to make unimaginable choices between buying food, paying their bills or dressing their children. By the time the High Holy Days rolls around, they feel choked and anxious.

*How can we stretch our budget  
to cover all the meals?*

*How can we share one chicken  
breast amongst 6 children?*

*Can the girls fit into their  
dresses from last year?*

*Should we ask for help  
or keep our dignity?*

For them, the High Holy Days is a time of stress and worry, rather than celebration and joy.

# 3,700 Fridges filled and families fed in 2022/23

Food Lifeline steps in to ease the burden. We deliver hundreds of parcels with food staples and traditional goodies before the High Holy Days.

This year our budget has increased by 20% and we anticipate supporting over 1,300 families in need.

## Budget

| ITEM                | COSTS       |
|---------------------|-------------|
| Eggs, Oil & Staples | £37,474.44  |
| Fish                | £20,785.31  |
| Poultry             | £49,872.14  |
| Fruit & Veg         | £28,815.72  |
| Grape Juice         | £32,839.40  |
| Household Goods     | £30,542.82  |
| Admin. Costs        | £10,000.00  |
| TOTAL               | £210,329.83 |

**N**o family should ever  
have to face hunger.



**19,982**



UNITS OF  
POULTRY

**17,717**



KILOS OF  
FISH

**3,662**



BOXES  
OF VEG

**2,956**



DOZENS  
OF EGGS

**3,557**



CASES OF  
GRAPE JUICE

**1,244**



CASES  
OF OIL



“You should see the children’s faces when we received the festival food parcels. You lit up our Chag.”



“I await the day we will no longer need your services, but until then, thank you for being a beacon of hope in this difficult time.”



“Your weekly food vouchers saved us at our worst point. For the first time, I felt I could provide for my wife and kids.”





**Most people hang  
shopping lists  
on their fridge,  
some people hang  
their unpaid bills.**

**Whether you're a hunger  
fighter on a mission to  
save a family, looking for  
a helping hand, or just  
want to hear more,  
contact us at**

***Food Lifeline***  
FIGHTING HUNGER TACKLING POVERTY

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**Your donation will help  
turn worry to hope,  
stress into joy, and  
tears into laughter.**

**Click here to donate**



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